

Detoxifying Foods

29th Lecture

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**on behalf of Faiz Foundation,
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Definition

Detoxification is blood cleaning by removing impurities from the blood in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. However, when this system is compromised, impurities aren't properly filtered and every cell in the body is adversely affected.



Symptoms & Benefits

- Feeling sluggish
- Out of proportion
- Skin problems
- Aches and pains
- Digestive problems

Benefits are the reversal of symptoms



Different Ways

1. Resting the body thru **Fasting**
2. Pushing liver **toxins out**
3. Stimulating **excretions**
4. Taking food **supplements**
5. Rigorous **perspiration**
6. Exercise and **Yoga**



Complete Detox Program

1. Water **Fasting** = 1day/week + Ramadan = 30 days
2. Eat plenty of **fiber** = 20g/day
3. Cleanse liver by **herbs** = Dandelion, Milk thistle
4. Drink **green tea** = 3 cups/day
5. Take **vitamin C** for glutathione = Extra 500 mg/day
6. Drink safe **water** = 1.5 liters/day
7. **Breathe** deeply = 30 min/day
8. Transform **stress** = thru positive emotions
9. Practice **hydrotherapy** = once in a month
10. Sweat or **sauna** = 30 min/day
11. Exercise/**Yoga** = 1hr/day



Top Ten Foods



1. Garlic (Lehsan)

- Powerful antiviral, antiseptic and antibiotic
- The vital sulphuric compounds make it an essential detoxifier.
- Raw garlic is more beneficial



2. Apple (Saib)

- Fiber (pectin), vitamins, minerals and many beneficial phytochemicals such as D-Glucarate, flavonoids and terpenoids.
- Phlorizin stimulates bile production. Pectin removes metals and colors.
- Can be taken as pure juice
- Apple cedar is the best
- Raw is better than cooked



3. Turmeric (Haldi)

- Curcumin is the active ingredient
- Curcumin treats liver and digestive disorders
- Powerful anti-inflammatory



4. Beet Root (Chuqandar)

- Full of fiber, vitamins B3, B6, C beta-carotene, iron, magnesium, zinc and calcium -- all necessary to promote optimal detoxification and elimination.
- Beets also support good gallbladder and liver health.



5. Lemon (Limoon)

- Stimulates the release of enzymes and converts toxins into a water-soluble form to excrete from the body.
- Drinking alkaline form of lemon water early morning helps to balance out acidity



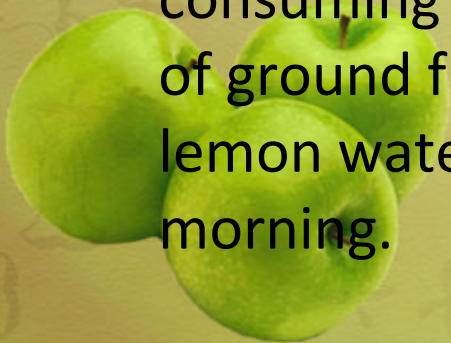
Don't forget to add your ground flaxseeds to enhance toxin removal.

6. Flaxseed (Kasumbha)

- Ground flaxseed provides a wonderful source of fiber that helps to bind and flush toxins from the intestinal tract.
- A great source of health promoting omega 3 oils. Try consuming two tablespoons of ground flaxseeds in lemon water every morning.



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7. Broccoli

- Broccoli contains phytochemicals that are released upon chopping, chewed, fermented, cooked or digested.
- Sprouts can actually provide more benefit than regular broccoli as they contain 20 times more sulfurophane.



Add these to your salads and get creative with them in your meals.



8. Dandelions

- Rich source of minerals and provides a variety of phytonutrients.
- They're super antioxidants that support cleansing of the digestive tract and offer great liver support.



Try adding dandelion leaves to your salad.



9. Sea Veggie

- Powerful antioxidants that help to alkalize the blood and strengthen the digestive tract.
- The algin in seaweeds absorb toxins from the digestive tract.
- It offers the broadest range of minerals of any food.



10. Artichoke

- A very tasty and healthy food
- It increases bile production and purify/protect the liver.
- They also have a mild diuretic effect on the kidneys, ensuring proper removal of toxins once the liver breaks them down.



Now available in Pakistan



11. Barley & Wheat Grass

- Juices have proven record of liver detoxification



General

- It's best to eat only organic foods as the non-organic varieties have been found to contain the most pesticide residues.
- The rate at which detox pathway's function depends on genes, age, lifestyle and a good supply of nutrients.



Thanks a Lot

